

The Center Piece

Rochester Senior Center • September 2011

September 2011—Celebrating 50 Years—Special Issue

September 19th - 24th, 2011 50th Anniversary CELEBRATION Events

Join in the many special activities planned that celebrate and recognize our history and accomplishments. These events highlight the impact of this organization, showcase the talents of seniors, and outline the plans for our future and the beginning of another 50 years of service to older adults and our community.

Monday, September 19th

- Tournament Day at the Center

Tuesday, September 20th

- Center Open House: 10am - 7:30 pm
- Program: Rochester—50 Years of Change
10am & 6pm

Wednesday, September 21st

- Community Leaders Breakfast 7:30am
- 50th Wedding Anniversary Celebration 5pm

Thursday, September 22nd

- Program—50 Years of the Senior Center 10am
- Senior Talent Show 7pm

Friday, September 23rd

- Pledge Partners Lunch 11:30am

Saturday, September 24th

- Senior Center 50th Anniversary Celebration
Dinner & Dance

6pm Social Hour

7pm Dinner, Program & Dance

(See column 2 & page 2 for details on these events.)

Senior Center 50th Anniversary Celebration Dinner & Dance

Saturday, September 24th,

Mayo Civic Center Auditorium

6 pm - Happy Hour in the North Lobby

7 pm - Catered Dinner by the Canadian Honker Program to follow dinner: Accomplishments from the past 50 years, the changing needs of seniors, plans to meet the needs for the next 50 years, and local community leaders thoughts on aging well.

Dance to 37th St. Gold, a local 24 piece band with tunes from Big Band to current favorites. Cost: \$25/person, Sign up/purchase tickets by Thursday, Sept. 15th.

50th Wedding Anniversary Celebration

Wednesday, September 21st, 5 pm

Celebrate and commemorate the hills & valleys that you've conquered together. Glimpse to the future, look back to the past. Members celebrating 50+ years of marriage will receive a complimentary dinner and glass of wine. Non-members are also invited to join in the celebration at a cost of \$6 per person. Menu: Parmesan Chicken, Baby Red Parsley Potatoes, Honey Glazed Carrots, Homemade Dinner Roll and Cake. Please RSVP by 1 pm September 9th.

Rochester Senior Center - 121 N. Broadway - Rochester, MN 55906

507.287.1404 - www.rochesterseniorcenter.org

SENIOR CENTER HOURS ~ Monday-Thursday: 9 am-4 pm • Fridays: 9 am-1 pm

CASTLE CAFÉ ON BROADWAY ~ Monday-Friday: 7:30-10 am • 11 am-12:30 pm

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50th Anniversary Special Events !

Celebrating 50 Years - 1961-2011

Monday, September 19th

Monday Madness—Tournament Day at the Center

\$1 per session, no RSVP required, general public invited. Prizes noted below.

- 10 am: Pool Tournament & pizza lunch
- 1:30 pm: Bingo \$1 card

Card Tournaments—Running at various times

- Monday - Pinochle, 12:30 pm start time, 4 wks: Aug. 22nd, 29th, Sept. 12th, 19th
- Wednesday - Bridge, 12:30 pm start time, 4 wks: Aug. 31st, Sept. 7th, 14th, 21st
- Thursday - 500, 12:30 pm start time, 4 wks, Sept. 1st, 8th, 15th, 22nd

All card tournaments are \$1 per session, no RSVP required, general public invited.

Prizes for Tournaments:

Sum of total scores determines winners.

- 1st Prize: One Year Membership to Sr. Ctr.
 - 2nd Prize: 50% of Money Taken In
 - 3rd Prize: 25% of Money Taken in
- Remaining balance benefits the Center.

Tuesday, September 20th

Open House - 10am to 7:30pm. Anniversary

Special Joining Fee--\$10 off/New Members Only.

Bring in your friends to see the Center & join.

Program--Rochester: 50 Years of Change

10 am and 6 pm

Speaker, Paul Koeller, Local author & historian, no RSVP required, open to general public, Free.

Texas Hold-Em Poker Tournament: 1:30 pm. \$2

Wednesday, September 21st

Community Leaders Breakfast 7:30am

50th Wedding Anniversary Celebration 5pm

RSVP required by Sept. 9. Details on page 1.

Thursday, September 22nd

History of the Senior Center, 10 am

Presentation by David Dunn. No RSVP.

Open to general public, Free.

Seniors Got Talent, 7 pm

We are putting on a show and showing off!!! This event showcases the talents of seniors. Variety show featuring singing, dancing, comedy and more, all performed by local seniors. Nick Mezacapa, Turkey River All Stars, Diane Toogood, Jim & Judy Sloan, Dave Dunn, Jean David, Kitchen Band and Young at Heart Singers, to name a few, Harley Flathers, honorary MC host. Free event. Free will offering will be taken at the show. Free popcorn & lemonade.

Friday, September 23rd

Pledge 50 Partners Lunch 11:30am

Pledge 50 - A way YOU can raise funds for the Senior Center.

To commemorate the Center's 50th Anniversary members are encouraged to take a new approach to fundraising. Help the Center raise funds by coming up with a way to raise at least \$50. More details on page 3.

Saturday, September 24th

Senior Center 50th Anniversary

Celebration Dinner & Dance

Mayo Civic Center Details page 1.

6pm Social Hour

7pm Dinner, Program & Dance



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'Pledge 50' - A way YOU can raise funds for the Senior Center!

With all the cutbacks in funding we rely more & more on the generosity of our members and our donors. 'Pledge 50' is a fun way you can help the Center continue to provide programs and services to older adults in our community. Here are some ideas on how you can raise at least \$50 to support the Center. Perhaps you have a skill or hobby where you can make something and sell it, or sell chances to win it. You could bake cookies and sell them to your friends. How about sewing something or selling chances for a custom made item? You could sell chances for a home-made delivered meal. You could put together a basket of goodies (homemade or purchased) around a theme (Italian?) and sell chances to win it.

The goal is to raise additional dollars for the Center during the month of September to celebrate our 50th Anniversary, whether it's \$5,000 or \$50,000!

Double your donation! We have a \$2,500 donor who will match any \$50 or greater 'Pledge 50' contribution that is new or above what you normally give to the Senior Center. If this match can be achieved we will have made our goal of \$5,000 raised!

Never Stop Learning

Current Events Thurs. Sept. 8th, 11 am
Learn/discuss current local issues with Mark Bilderback, City Council 4th Ward, and Barry Skolnick, local activist. Free/Open to Public/No RSVP required.

Power Brunch Tues. Sept. 13th, 10:30 am
Topic: Gorilla's in the Midst Speakers: David Olson & Andrea Rutten. Discussion on current events in the world of Investment & Financial Management. Free to members only, no RSVP.

Arm Chair Travel to Africa & Mediterranean Thurs. Sept. 15th, 10 am
Ctr members Ron and Sara King love to travel and experience different cultures. See pictures from their recent cruise. Free/No RSVP/Open to Public

Lands of the Dakota War—1882
Sat. Sept. 10th 7pm . See details on page 14
Free/No RSVP/Open to Public

It's the Law ... discontinued. The following **Financial Educational Presentations** have been scheduled.

Rules of the Financial Road –Tues, Sept. 27th, 9am

Coming In October:

Estate Planning 101 – Mon. Oct. 10th, 10am

Protecting your Assets from the Nursing Home – Mon. Oct. 24th, 10am

Investment Perspective – Tues. Oct. 25, 9:30am

Medical/Financial Preplanning for Everyone – Mon. Nov. 14th, 10am

Smart Choices in Retirement –Tues. Nov. 22, 9:30am

Driver Refresher Class (4 hours)

Instructor: Dave Ruzek Cost: \$15 for current Sr. Ctr. Members, \$18 for non-members. Stop by the Business Office or call 287-1404 to register and for more information about the class and parking. *Payment due before class.*

Upcoming Classes: Friday, September 9th, 9 am to 1 pm & Wednesday, September 28th, 9 am to 1 pm



Randy Vine



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Chad Sietsema

September Special Events

Gone Fishin' Gospel Group

Saturday, September 10th, 7 pm

This talented vocal group known for their rich & wonderful harmonies and easy listening voices are appearing for an exciting musical event. Inspired by current artists such as: The Gaither Vocal Band, Ernie Haase & Signature Sound, The Booth Brothers, The Isaacs, & The Hoppers, as well as classic gospel groups like the Cathedrals, Gone Fishin' will surely touch the hearts & minds of all those in attendance.

Gone Fishin' has a unique & distinctive sound due to the diversity in its members. Two female vocalists along with three male vocalists create an exciting & somewhat similar quartet style sound like those mentioned above, but possess it's very own distinctive sound as well.

Make plans now to bring your friends & family and join Gone Fishin' for a high energy power-packed event filled with a life changing message.

Cost: Members- \$5 in advance, \$7 at the door. \$10 for general public.

Constitution Lunch

Monday, September 19th, 11:45 am

Join Mayor Brede for the proclamation of "Constitution Day", which commemorates the formation and signing of the U.S. Constitution by thirty-nine brave men on September 17, 1787, recognizing all who, are born in the U.S. or by naturalization, have become citizens.

Menu: Oven-fried Chicken, Potato Salad, Baked Beans

Cost: \$4.50

RSVP by: Monday, September 12th

Community Vintage Country & Western Music Dance

Friday, October 21st, 7 pm Free

Featuring live music by "Brother Music, Sister Rhythm"

Beverages available for purchase.

Free will donation. Free popcorn.

COME OUT FOR A FUN EVENING OF ENTERTAINMENT. COME ONE, COME ALL!!

At Your Leisure

Expand your interests...join in our leisure time activities.

Breakfast Club

Tuesday, September 27th

Grandma's Kitchen, 1514 N. Broadway

Morning coffee, breakfast and friendship.

No reservations necessary!

Nintendo Wii

Bowling League: Tuesdays in September (6th, 13th, 27th) League play at 1 pm. Free for members.

You can also use the Wii or Wii Fit on your own. To reserve a time, call Julie at 424-6407.

Book Club

Thursday, September 8th, 9 am

Checking out the book *Half Broke Horses* by Jeannette Walls

Books to check out in upcoming months:

October 13th: *Girl with the Dragon Tattoo*

November 10th: *Hotel on the Corner of Bitter Sweet*

December 8th: *Out Stealing Horses*



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Love Of The Arts

All Groups welcome YOU!

Crochet Tuesdays, 12:30-2:30 pm

Greeting Card Making & Scrapbooking

Wednesday, September 14th, 12:30 pm
2nd Wednesday of each month

Have fun & meet new friends. Get important projects done while sharing ideas; get questions answered & inspire one another to complete cards, layouts and gifts from the heart. Come for all or part of the scheduled time. The first half hour will be devoted to a "Make and Take" item that one of the members will instruct. All levels of experience are welcome. If this is a new experience for you, it is not necessary to come with supplies as a table will be set up with materials and tools that we will all share; information provided on where you may purchase items of your own.

Kitchen Band

A unique band that uses common kitchen utensils to make "tasty tunes", humorous skits, a variety show. Performing in Rochester & out-of-town bringing smiles to many nursing homes, skilled senior facilities, schools, graduations & private parties.

Looking for fun & committed gals to join this close and supportive group. For more info., contact Doris Stowe, 288-3110.

Knitting Fridays, 11 am-1 pm

Quilting Mondays, 9 am-Noon

Contact Mary Hanson at 289-8318 for info.

Art & Ceramics

Art -- No instructor led classes in September. Classes will resume in October.
Open Studio Monday & Friday from 9 am to Noon.

Ceramics - Open Studio - No Instructor
Open to all members, no RSVP required.

Tuesdays, Noon to 4 pm, \$1
Thursdays, 9 am to 4 pm; \$4½ day or \$6/all day
Firing(s): 20% of piece
Glaze, Paint, Stains: Flat charge per piece
1"-5" tall: 50¢, 5"-10" tall: \$1
Over 10" tall: \$2

Pay Ceramics Bookkeeper at end of each month.
Optional: Group Trip to Minnie's the 1st Thursday of the month at 1 pm to buy greenware.

Woodcarving Tuesdays, 9 am-Noon

Bring projects and enjoy working with friends!

Young at Heart Singers

"I don't sing because I'm happy. I'm happy because I Sing." ~ William Jones

Love to Sing? Join us!

Wednesdays, 10-11 am beginning Sept. 14th.

The regular practice season runs Sept.-May.
Call Becky at 289-6802 for more information or to book a performance.

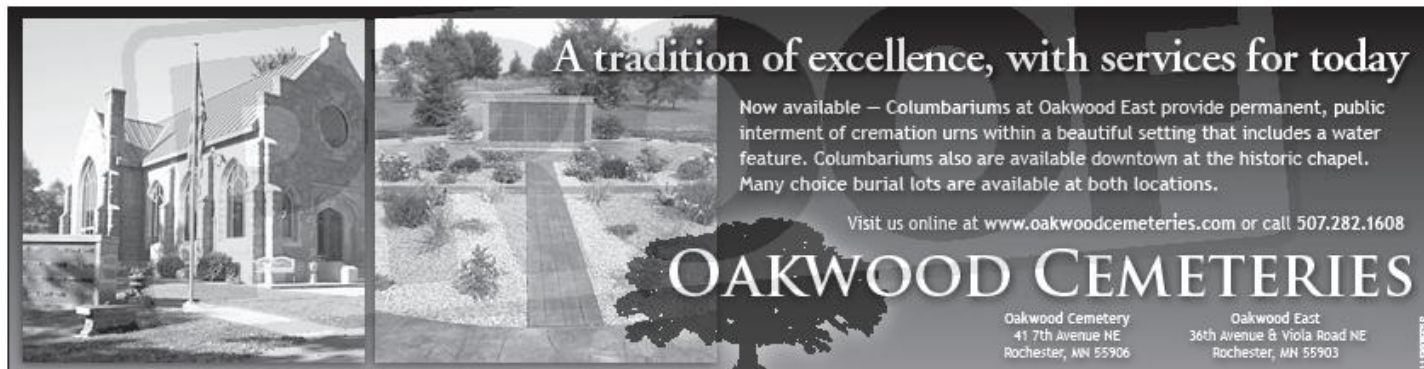
Spirit & Soul

Ladies Bible Study

Wednesdays, 9:30 am

For more info, please contact Chris Quick at 288-5962 or Kay Meyers at 289-0145.

NOTE: The Senior Center will be CLOSED on Monday, September 5th for Labor Day.



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Oakwood Cemetery
41 7th Avenue NE
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Oakwood East
36th Avenue & Viola Road NE
Rochester, MN 55903

Healthy Living

Blood Pressure Check Clinic

Thursday, Sept. 1st and Tuesday, Sept. 20th
 Comfort Home Health Care will be at the Center on the 1st Thursday and 3rd Tuesday of each month from 12:45 to 1:15 pm. No RSVP required, general public invited. Free.

Flu Shots

Monday, September 12th, 9-11 am
 Free to Medicare (Part B) participants, \$25 for all others. Conducted by Paramed Services, Inc. Appointment times are priority, but walk-ins are welcome. Register by calling the Business Office at 287-1404.

Med City T'ai-Chi Ch'uan Club

Mondays, 6-7:30 pm, Fred Reed Hall
 \$25/month, \$15/month if a Sr. Ctr. Member
 For more info., contact 289-1795.

Foot Care Clinic

1st, 2nd, & 3rd Thursdays, 12-3:30 pm
 4th Thursday, 9 am-12:30 pm Kay Plotner, RN
 Wednesdays, 9-11:30 am Judy Dahl, LPN
 Appointments required. Cost: \$20 per visit. Foot care consists of trimming nails and addressing other foot problems such as corns, calluses, and ingrown nails.

Alzheimer's Association Care Consultations at the Senior Center

A Care Consultation is designed for care partners of someone with Alzheimer's disease or related dementia. It provides time for a private meeting with Gerise Thompson, Alzheimer's Association Regional Center Director, to talk about questions and concerns, learn about services and treatments, and make more informed decisions about care.
 This service is available to all area residents, need not reside in Olmsted County and need not be a Senior Center member.
 For a confidential appointment, please call the Business Office 287-1404.
 There is no charge for the service, but donations to the Alzheimer's Association are appreciated.

Healthy Living--Exercise

Exercise

Ready....Set....Start.... 9:30-10:30 am
 Train with light weights, increase your range of movement & help prevent falls, experience improvements in walking and breathing!
Wednesdays & Fridays: U-Care Enhance Fitness Exercise Program - Free for U-Care Members, \$2 for Non-U-Care Participants
 The U-Care Enhance Fitness Exercise Program is based on scientific research and input from older adults resulting in the most effective fitness class ever offered. The program combines three key components of fitness: strength training, flexibility and cardiovascular conditioning.
 Work at your own pace, instructor provides individual attention, demonstrations, variations and modifications to the program so you can find a level that is a perfect fit for you. Casual atmosphere. Instructor: Deb Cannon
No Exercise Wednesday, Sept. 21st

Mondays: 9:30-10:30 am, \$2 for Members Only
 **Please check with your physician before starting any type of exercise program.
 The group notes enthusiastically that they come to keep moving, stay healthy and most of all have fun and socialize.

Arthritis Foundation Exercise Program--NEW

Tuesday's & Thursday's, 9:30 am, Starting Tuesday September 27th
Reduces Pain and Stiffness Among Many Benefits
 Certified Instructor: Deb Cannon
 \$2 for members, \$4 non-members
 You are welcome to stop in and give this program a try.
 Results of this program are backed by research studies. In one study, individuals who attended the class for four months reduced their pain by 24 percent and increased confidence in their ability to continue activities by 22 percent.

Arthritis Exercise Program - NEW

Continued

Tuesday's & Thursday's, 9:30 am,
Starting Tuesday September 27th

The Arthritis Foundation Exercise ProgramSM is developed by physical therapists specifically for people with arthritis, this low-impact, joint-safe exercise program has been documented to help decrease arthritis pain and relieve stiffness while increasing flexibility, range of motion. The program can build stronger muscles and overall stamina through balance and endurance exercises.

Taught by Arthritis Foundation-certified instructors, who have completed in-depth training. A series of gentle movements and activities are designed to increase mobility and range of motion. This low-impact class is suitable for every fitness level and can be done while sitting, standing or on the floor.

Stop at Reception Desk for Program Handout with more information.

Healthy Living--Dance

Silver Treads Square Dance Club

Tuesdays, 1-3 pm

Square dance attire and a partner are not necessary. Singles are welcome. During lessons a partner will be furnished. For demo dances or if you have other questions, call Herman & Marilyn Yates at 288-7929.

Upcoming Free Square Dance

Lessons Beginning Thursday, Sept. 8th

Classes held each Tuesday, 2:30-4 pm & Thursdays, 1-3 pm through Nov. 17th. Graduation will take place Tues., Nov. 22nd at the Club's regular dance.

Under the Sponsorship of the Silver Treads Square Dance Club. No partner or experience required.

Teacher: Jon Wordelman, the Club's caller, will be offering these lessons at no cost to the dancers. For more info., call Bobbie at 285-1984.

Trips and Travel

Stillwater Paddle Boat Luncheon & Trolley Tour

Monday, September 12th

2 hour lunch buffet and sightseeing cruise on the St. Croix River aboard the Andiamo Showboat, a paddlewheel boat. At 2 pm, enjoy the trolley tour as you journey back in time to the era of Victorian finery and turn-of-the-century charm. Nestled in the wooded hills and bluffs of the beautiful St. Croix River, Stillwater is a treasure that time forgot. Multicolored Victorian homes dot the landscape. Dinner will be on your own at Subway on the drive home.

Leaving at 9 am from the Senior Center, Rec Center lower parking lot at 9:10 am and returning before 7 pm.

15 passenger van, may be hard for some seniors to get in and out of. Limited space.

Cost: \$50 for members and \$55 for non-members. RSVP and pay in the Business Office by Sept. 5th.

Treasure Island Gambling & Lunch Cruise on the Mississippi

Monday, September 12th

You're invited for a fun day of gambling (2 hours) and eating, 2 ½ hour lunch cruise on the Mississippi and then back for another 2 hours of gambling.

Cost: \$50, includes \$15 of free slot play, \$3 food coupon and 10 free pull tabs.

Departing Cub Foods Rochester at 8 am or Senior Center at 8:25 am.

RSVP and pay in the Business Office by Sept. 5th. Will need your card number, or full name, date of birth and address. Strain Bus Tours.

Fall Foliage LaCrosse Queen Lunch Cruise down the Mississippi

Monday, October 17th

Cost: \$59 for members, \$65 for non-members, includes Transportation 3 Hour Lunch Cruise thru Lock & Dam, Stop at Bauer's Apple Market.

Leaving Senior Center at 9 am, Cub Foods Rochester at 9:15 am.

Returning about 5:00 pm.

RSVP and pay in the Business Office by September 17th. Strain Bus Tours.

Cards & Games

All Groups Welcome New Players!

500 Cards Thursdays, 12:30-4 pm,
Fridays, 9 am - Noon

For Thurs. session, contact Dick Boutelle at 282-5504 for info. For Fri. session, contact Dorothy Beasley at 271-1746.

Billiards/Pool Room

Monday, Wednesday & Thursday 9 am-4 pm
Tuesday, 12-4 pm; Friday, 9 am-1 pm
Ladies Pool: Tuesdays, 9 am-12 pm
Evenings: Pool Room Open til 8 pm Mon. & Wed.
\$2 to play all day! Members only.
FALL/WINTER POOL LEAGUE - Monday mornings starting October 3rd. Sign up in the Pool Room if you are interested in participating by the end of September. Awards and Pizza Party follow in the Spring.

Bingo Mondays, 1:30-3:30 pm
\$1 per card. Pick-Your-Own cards 25¢ each.
Sixteen games are played.

Canasta Tuesdays, 10 am to Noon

Cribbage Wednesdays & Fridays, 9-11 am

Contract Bridge Wednesdays, 12:30-4 pm
For info, contact Dick Boutelle at 282-5504 or Herb Erickson at 289-8550.

Dominos Wednesdays, 1-4 pm

Hand & Foot Wednesdays, 12:30 pm
Contact Jackie Schacht at 208-9095 for more info.

Mah Jongg Thursdays, 9:30-11:30 am

Euchre – Possible New Group
Are you interested in this fun game? Please contact Julie at 424-6407 to express interest.

Pinochle:

Single Deck &/or Double Deck
Mondays, 12:30-4 pm

Double Deck Wednesdays, 12:30-4 pm
For more info., contact John Noonan at 288-3913

Texas Hold-Em Tuesdays, 1:30 pm
Play in our weekly tournament! \$2.

Evening Cards or Evening Pool?

Are you interested in playing cards on Monday or Wednesday evenings? The Center's Dining Room is available until 8 pm on Monday and Wednesday evenings beginning in September. If you are interested in playing on either of these evenings please call Julie at 424-6407 to express your interest. Leaders for these evening card games will need to be needed. If you are interested in being a leader please call so that we can make these opportunities available as soon as possible. The pool room is also open if you are interested in evening pool league call Julie at 424-6407.

Pickleball Monday, Wednesday, Friday, 9 am
Cooke Park on 7th St. NW
Pickleball uses a ball similar to a wiffle ball, paddles similar to large ping-pong paddles, and the court is about the size of a badminton court. Wear comfortable clothing & tennis shoes. Contact Jan at 287-6854 for info.

Ping Pong
Tuesdays & Thursdays, 9-10:30 am
\$2 suggested fee/session.

2011 Golf Season

Every Friday, tee time 7:30 am
No RSVP necessary
Green Fee: \$15 (includes tax)
Cart Rental Fee: \$14 (per time)

See the Center's Business Office for complete schedule.

Sept. 2 nd	Hadley Creek Golf Learning Center
Sept. 9 th	Eastwood
Sept. 16 th	Soldiers Field (back 9)

End of the Year Golf Luncheon following golf on the 16th. Lunch on your own at *The Turn*.
RSVP to Julie at 424-6407.

Note: When meals follow or precede golfing, it is at an additional cost to the golfer.

Castle Café on Broadway



Continental Breakfast Bar

Available 7:30-10 am

- Oatmeal - \$1.50
- Cereal - \$1.50 (large bowl w/milk)
- Bagels - \$1
- Toast - 75¢
- Muffins - 85¢ for 2 small or 1 large
- Waffles - \$1.50
- Fruit - 75¢ or as listed
- Yogurt - \$1
- Pastries - Selection and price varies
- Beverages -
 - Coffee - 75¢ bottomless cup/meal
 - Juice - 75¢
 - Milk - 50¢
 - Tea - 75¢

Bring in a Group!

Call one week in advance to reserve Quiche , Egg Bake, or other Breakfast Bake items for your morning group. Pricing will vary based on request.

To make arrangements, call 287-1404.

Wi-Fi Available

Feel free to bring in your laptop or use one of our 3 laptops available for you to surf the internet during your visit to the Castle Café on Broadway.

Library/Lounge

Stop in and relax. Check out a book from our terrific library-lounge. Read the newspaper. Daily delivery of Star Tribune and Post Bulletin. Large Screen TV. Puzzle.

Coffee with the Director

Tues. Sept. 27, 9:30 - 10:30 am

Join Sally Gallagher, Executive Director for coffee. This is your opportunity to meet to share your ideas for improvement, discuss the Center and more.

Or, come just to visit.

Lunch Options

Available 11 am-12:30 pm

No Reservations*

- Soup: Small bowl - \$1.75, Large bowl - \$2.25
- Sandwich of the Day - \$2.75
- Small/Side Salad - \$1.50, Large Salad - \$2
- Add-ons available for additional charge
- Special of the Day - \$4.50
 - Comes with two sides such as salad, vegetable, potatoes, rice, roll, etc.
- Dessert: Cookies, Bars, & more. Prices will be posted.
- Beverages - same as prices on the left
- You-Pick-Two Options - \$3
 - ½ Sandwich & Small Salad
 - ½ Sandwich & Cup of Soup
 - Small Salad & Cup of Soup

**Reservations requested for Special Event Meals will be noted (Birthday Parties, etc.).*

NOTE: A monthly menu is not being prepared in advance at this time. In order to adjust our menus to your suggestions, we are preparing our menu week to week. The weekly menus are available at the Center and online on our website, www.rochesterseniorcenter.org.

A sample of some of the items we've featured include Homemade Pizza, Liver & Onions, Meatloaf, Lasagna, Chicken Divan, and Taco Salad. If there is something you'd like the cooks to try, feel free to talk to Linda or Cathy.

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Semcac Senior Dining

Reservations

To dine at one of the Semcac sites listed below, reservations are required a minimum of 24 hours prior to ensure that we are prepared for you to dine. Please call the appropriate phone number to make reservations. The suggested donation is \$3.50 for those 60 years of age & over and \$6.50 for those 59 years of age & under.

Central Towers	529-4139	11:30 am
Eyota	545-2970	11:30 am
Fontaine Towers	529-4614	11:30 am
High Pointe	424-1858	11:30 am
Kenosha Dr. Apts.	206-5168	11:30 am
Northgate Plaza	287-7152	11:30 am
Park Towers	287-7868	11:30 am
Peace Church	287-7153	11:30 am

There is no longer a Semcac Senior Dining site at the Senior Center.

See previous page for the Castle Café on Broadway hours and menu, now open on the lower level of the Senior Center.

Special Events with Food

Tuesday Ladies Tea Tuesdays, 9 am

Start the day with pleasant conversation, proper tea and delicious scones with Devonshire cream.

Cost: \$2/person, members only. No RSVP required.

Ladies Tea is currently looking for a Group Leader. If you are interested, please contact Julie at 507-424-6407.

September Birthday Lunch Celebration

Monday, September 12th, 11:15 am

Join Allison DeRaad with piano entertainment.

Menu: Meatloaf, Mashed Potatoes, Green Beans, Cake and Ice Cream

Ice Cream Sponsor: Kemps

Cost: \$4.50 per person

Please purchase tickets from the Business Office by 4 pm on Wednesday, September 7th.

New Member Lunch

Wednesday, September 14th, 11:45 am

New members are invited for lunch. Meet other members, the staff, and take a tour following lunch.

Menu: Taco Salad & Fruit

Please RSVP to the Business Office at 287-1404 by Wednesday, September 7th

Please note: Call in your reservation & pay over the phone w/your credit card, you can then pick up your tickets the day of the special event (birthday parties, lunch & learn, etc.).

Elderberry Gift Shop

121 N. Broadway
Rochester, MN 55906
(507) 424-6412

Monday - Thursday: 9:30 am - 3:30 pm
Friday: 9:30 am - 12:30 pm




Flamingo BINGO



2828 East Frontage Road
Hwy 52 North
Rochester, MN 55901
507-282-0988

Check out
www.flamingo-bingo.com
for the monthly Calendar!

Rochester Senior Center Foundation
License # 36207

Computer Interest

All classes are 2 hours long & meet as indicated. Detailed descriptions of each class are available online. Register by mail, by phone (424-6413) or online. Class fees can be paid at the first class.

Walk-In Registration: Wed., Sept. 7th, 9-11 am

MyPC Series Open House (FREE!)

Wednesday, Sept. 14th, 3 pm

This Open House will introduce you to four, 3 hour workshops:

1. Connecting with Friends and Family
2. Creative Photo Slideshows
3. Digital Photo Editing
4. Getting start with Windows 7

See what each workshop covers & have a chance to try out some of the functions. Sign up for any of the workshops that you're interested in.

Computer Fundamentals: 4 sessions

\$20, Mon/Wed, starting Sept. 26th at 9:30 am OR

\$20, Tue/Thu, starting Sept. 12th at 6:30 pm

Designed for those with no computer experience. Become comfortable with a keyboard & mouse; learn about hardware, software, Windows 7 desktop and documents.

Introduction to Computers: 8 sessions

\$30, Tue/Thu, starting Sept. 13th at 12:30 pm OR

\$30, Tue/Thu, starting Sept. 13th at 6:30 pm

Learn about basic Windows 7 procedures & become familiar with some features of WordPad 2007. Edit a letter & add a picture; create & modify database and spreadsheet documents; correspond by email; learn Internet skills.

Introduction to the Internet: 4 sessions

\$20, Mon/Wed, starting Sept. 12th at 9:30 am

Learn how to search/use the World Wide Web (Internet) and how to send & receive e-mails.

Introduction to Word Processing: 8 sessions

\$30, Mon/Wed, starting Sept. 12th at 12:30 pm

Learn what you can do with a word processing program. Upon completion of this class, you will be able to create and edit a document, change the format of a document, insert clip art in a document, and create a form letter.

Quicken (Financial Program): 8 sessions

\$30, Tue/Thu, starting Sept. 13th at 9:30 am

Learn step-by-step instructions designed to introduce you to the main features of Quicken 2010 Premier. Quicken is a financial program that makes it easier than ever before for you to see your overall financial health, assess where you stand and put a plan in place to get where you want to go.

Genealogy: 4 sessions

\$20, Mon/Wed, starting Sept. 13th at 3:30 pm

In this class you will learn to organize your genealogy data using the Legacy Family Tree program. This class will use the "standard" edition of the Legacy program, which is available at no charge from

<http://www.legacyfamilytree.com> There is also a "deluxe" edition which may be purchased from the same Internet site. The deluxe edition includes some additional features, but the standard edition is sufficient to allow you to begin recording and organizing your own family data.

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Thank You

Monetary donations to the Center:

Lyle Abrahamson, Lois Headline, Ed & Yvonne Rust in memory of Herman Yates' mother, IBM Retiree Charitable Campaign, Lucinda Stockwell, Anonymous, Wayne Harris, IBM Employee Donations, Ed & Linda Manthei for Tom Adams's computer help, Clete & Norma Pollack, Miriam Waterman, Northern Lights Combined Federal Campaign, Clayton & Doris Stowe in memory of Mary Schenewerk, Herb & Jerine Jones in memory of Mary Schenewerk, Clete & Norma Pollack in memory of Mary Schenewerk, Kenny & Mary Schumacher, Norma Zastrow, Pat Taylor in memory of Mary Petersen, the Estate of Addie Flom, Orma Tenti in memory of Hilda Kidd, Family & Friends in memory of Hilda Kidd, Olmsted Medical Center Employee Donations, Rochester Morning Pride Lions Club for golf tournament

Donations to Castle Café on Broadway:

Mary Shaw gave a donation from the proceeds of plants sold during the summer.
June Vold gave a donation for the purchase of a waffle iron.

Donations to the RSC Foundation:

Mr. & Mrs. Raymond Krolak in memory of Marion Runerson
Vivian Malcomson in memory of Jennings Johnson
Senior Center Advisory Council in memory of:
Alice Gronvold, Jennings Johnson, Mary Petersen, Mary Schenewerk

Item Donations to the Center:

Estate of Minnie Wright, Darlene Peters, Mary Halling, Kim Rackham, Joyce Garmers, Wayne Herivel, Linda Armstrong, Kay Zahradnik, Nancy Berkman, June Vold, Sharon Sandberg, Marilyn Wojtczak, Irene Krolak, Dee Hrdlicka

CORRECTIONS:

The name of one of our dear friends who passed away and was noted in the July newsletter was misspelled. The correct name was Elman Hanken. Our apologies to the family of Elman.

Thank you to Maple Valley Golf Course who was not listed in the August print edition as a Prize Donor for the Million \$ Hole-In-One Shoot Out. We appreciate your continued support of the Senior Center.

Senior Advocate Here to Help!

The Senior Center's Senior Advocate is available to anyone 60 years old or older to answer questions and solve problems on:

- Medicare
- Supplemental Insurance
- In-Home Help
- Financial Help
- Financial Power of Attorney
- Advance Directives and Much More!

The Senior Advocate is available to answer any questions you may have. Common concerns involve Medicare Part D, eligibility for financial assistance, Power of Attorney, Health Care Advance Directives, and access to local senior resources. Call 424-6409 or stop by Vicki's office on the 2nd floor.

Senior Legacy Society is an organization of friends of the Rochester Senior Center committed to helping ensure the long-term financial



SENIOR LEGACY
Rochester Senior Center Foundation

viability of the Senior Center through bequests and other estate gifts. Please contact 424-6406 for more info.

In the Community

7th Annual Join the Journey
10 Mile Breast Cancer Awareness Walk
Sunday, September 18th Mayo High School,
\$50 to register 8:45 am Opening Ceremony
9 am-12:30 pm Ten Mile Walk - walk
however far you feel comfortable
Register online: www.jointhejourney.us
Money raised here stays in the community.



Special Extra Earning for Military Service Extra Social Security benefit may be available for individuals who served on active duty from January 1957 to December 31, 2001. You may qualify for a higher Social Security payment for your military service. Visit the social security website at <http://www.ssa.gov/retire2/military.htm> to find out more information on how to possibly increase your Social Security benefit or contact the Center's Senior Advocate, Vicki.

Congratulations

Olmsted County Senior of the Year - Doris Stowe

This award is sponsored by the MN Board on Aging, MN State Fair & the MN Fed. of County Fairs. Doris is the Center's Kitchen Band Leader, & has volunteered at many other senior center, community, civic, and church events.



We are so proud of you Doris, and wish you the best as you compete with other county recipients at the State Fair.

Please Note:

City Lines Bus Tickets

Purchase your Rochester City Lines bus tickets at the Center. Seniors (over age 65 w/a Medicare or Zips Card), students (under age 18) & disabled individuals (w/either a Medicare or Zips card) can purchase 10 rides for \$8.

Books for Sale Stop by the lower level of the Center to purchase a new book!

Cab Coupons

Cab coupon books are available for sale in the Business Office. These books are worth \$20, but the Center is able to sell them to seniors for \$15 (a 25% discount).

Credit Cards Accepted

Use your MasterCard, VISA, or Discover cards at the Business Office to pay for most things for which you would normally have to use cash or checks. Donations to the Senior Center and the Senior Center Foundation can also be made through your credit cards.

Newsletter Available via Email

If you would like to receive *The Center Piece* monthly via email, please contact Stacie at stacie@rsc-mn.org & your name will be added to our distribution list.

Parking

Parking in the Center's Parking Lot is on a first-come first-served basis. Purchasing the parking card does NOT guarantee space in the lot. If you can't find an open space in the lot, you need to find other parking in either the nearby Center St. parking ramp or at meters along the street. Parking in areas marked for staff, areas that block crosswalks, and other non-parking spots may result in cars being towed at the owners' expense.

Weekly Email

Want the latest information? Join our Friday email list. Provide your email address to the Business Office, info@rsc-mn.org. Many free tickets & fast-approaching event information is sent via email. Once your address is added to our database, you will receive emails of weekly events, as well as notification of any free tickets the Center receives & cannot distribute at an event.

Wi-Fi Available

Bring in your laptop, or use one of ours, in the Library/Lounge area from 7:30 am-4 pm, Monday-Thursday and Fridays 7:30 am-1 pm.

Upcoming Events

Volunteer Recognition

Monday, October 10th

Free Bingo -- 1-3 pm (optional) Great fun with great prizes. Complimentary popcorn.

Bandana Singing Group 3:30-4:30 pm

Performing a wide variety of favorite songs from the 40's and later, including sentimental favorites, sing-a-longs, & patriotic songs. Complimentary dessert and coffee will be served.

www.danperrybandana.com

UPCOMING TRIPS & TOURS

Mayowood Mansion Tour

Tuesday, October 4th, 1 pm

Plummer Building Tour

Wednesday, October 12th, 1pm

Christmas Light and Dinner Tour

Thursday, December 15th

Group Updates

Advisory Council

Meets the 3rd Wednesday of each month at 9 am in Room 218. All members are welcome to attend.

No **Wii Bowling League** on September 20th.

No **Exercise** on September 21st or Oct. 18th.

No **Arthritis Exercise** on Nov. 8th or Nov. 10th.

Never Stop Learning Cont.

Lands of the Dakota War 1862

Sat. September 10th 7pm

Join us as we approach the 150th anniversary of the 1862 U.S. Dakota war. Learn about the relations and contact between the early settlers and the Dakota people, the treaties, causes of the war, a little known connection to Southeastern MN and an amazing coincidence related to the Battle of Gettysburg & the Dakota War. Free/Open to the Public/No RSVP.

Volunteer Openings

Retired Treasure Sale Volunteers Needed

If you are interested in helping with the event, let the Business Office know; volunteers will be scheduled after the first of the year.

Collection of items for the 2012 sale has already begun; looking forward to another great year!

Community Host Program

The mission of the Rochester Community Host program is to welcome visitors, answer questions, provide assistance, inform & encourage visitors to get out and experience Rochester & SE MN. Volunteers are stationed at various locations throughout the downtown skyway & subway system, Monday-Friday. Flexible scheduling. If interested, contact the Rochester Convection & Visitors Bureau at 288-4331.

DFL Senior Caucus Meetings

Held at the Senior Center

September 7th, 1 pm, Clubroom 1 & 2

Held the first Wednesday of each month at 1 pm. Everyone is invited to attend. Friendly political discussion & information.

Lunch available before the meeting in the Senior Center's Castle Cafe on Broadway from 11 am to 12:30 pm. Many options available-- sandwiches, salads, soups as well as lunch specials. Visit www.rochesterseniorcenter.org for pricing and specials.

Hope to see you there.

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Contact Us

CENTER HOURS ~

Mon-Thurs: 9 am to 4 pm, Fri: 9 am to 1 pm

- Business Office**..... 287-1404
 Cindy Sogla, administrator@rsc-mn.org
 Linda Blanshan, info@rsc-mn.org
- Program Director**..... 424-6407
 Julie Gran, recreation@rsc-mn.org
- Volunteer Opportunities**.....424-6408
 Rogene Fox, volunteer@rsc-mn.org
- Castle Café on Broadway**..... 424-6400
 Cathy Ingham cooks@rsc-mn.org
 Jason Iverson
- Senior Advocate**.....424-6409
 Vicki Lawrence, advocacy@rsc-mn.org
- Executive Director**424-6402
 Sally Gallagher, director@rsc-mn.org
- Executive Assistant**.....424-6401
 Stacie Baertsch, stacie@rsc-mn.org
- Foundation / Development Director** ...424-6406
 Dean Stenehem, foundation@rsc-mn.org
- Maintenance / Facilities**.....287-1404
 Gary Boardman, maintenance@rsc-mn.org

Welcomes & Goodbyes

Welcome New Members!

Patricia Gundersen, Ardis Hansen, Sidney & Shirley Jordahl, Elaine Paske, Wayne & Judith Pretzer, Maurice Salmon, Denny Segar, Betty Spohn, James Svelmoe, Emma Thomas, Thomas Tupper, Gregory Winkels

Goodbye, Dear Friends

Jennings Johnson, Gen Molski, Mary Petersen, Mary Schenewerk

Membership News

July 2011 / Jan-June 2011:

- 0 / 115 Honorary Members (90+)
- 38 / 654 Membership Renewals

Membership

Membership Information

2011 Annual Membership Fee

Age 62 & Older: \$40/year

Age 90 & Older: Honorary Membership

Supporting Participants:

Age 50-61: \$45/year

Age 49 & Younger: \$60/year

Reduced and complimentary memberships are available for anyone in need.

On-going participation in recreational programs requires membership to the Center. You can attend an activity 5 times as a non-member & pay \$2 per activity, after that we ask that you join as a member of the Center.

Parking Information

We have a parking lot located across the street from the Center. Parking access cards may only be purchased by Members of the Center and Associate Members age 50+ for \$7, PLUS the annual parking fee.

Annual Parking Fee: \$35

The annual fee is prorated. The parking lot is on a first-come, first-serve basis.

Parking is also available in the Center Street Ramp (across from Michael's Restaurant). Bring your parking ticket to the Center's Business Office for validation and receive a discount. Meter parking on the street is also available. Those with a disability parking permit may park at public parking meters without feeding the meters; or in non-metered passenger spaces without regard to time limits unless posted separately.

Policy Statement: Due to our non-profit status & postal regulations dealing with newspaper mailings, we cannot accept most advertisements for insurance, credit cards, travel or tours. Political ads must include a disclaimer and be prepaid.

Preview of Upcoming Activities & Events in October

Pedestrian Safety : Tuesday, Oct. 11th, 1 pm

Downsizing and Moving a Lifetime : Oct. 13th, 10 am

Bday & Halloween Lunch: Mon. Oct. 31st

Broadway Musical Oklahoma: Thur. Oct. 13th, 1pm

Tea with My Grandma & Alice in Wonderland: Sat. Oct. 29th, 1pm

Rochester Senior Center

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